

ABSTRACT OF THE DISCLOSURE

The system and the method of the present invention allows a person in charge (P) to monitor, and to act on, the activity level, physical or cerebral, and the comfort level of one ore more subject (S) simultaneously, from a distance, by the provision of a combination of sensors, at least one processing unit, a communication unit vice and at least one control unit, whereby depending on a specific needs of the subject, complementary sensors are selected to measure complementary parameters of the subject (S) and/or of the subject's environment (E) and to process and interpret these measured parameters so as to assess a level of global or localized comfort, in such a way that these parameters are available to the person in charge (P).